



THE GRAPEVINE

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U.S. NAVAL HOSPITAL
OKINAWA, JAPAN

A CONTINUING TRADITION OF
SERVING WITH COMPASSION AND CARE



INSIDE:

CAPT. FREEDMAN DEPARTS
PAGE 2

ASIAN PACIFIC HERITAGE MONTH
PAGE 6

TYPHOON PREP
PAGE 8

CULTURE OF SAFETY
PAGE 15

Photo: U. S. Naval Hospital Okinawa Executive Officer Capt. Rick Freedman poses with the USNHO Color Guard after morning colors Jun 10. (Photo by Mass Communications Specialist 3rd Class William G. McCann/RELEASED)

USNHO bids farewell to Capt. Rick Freedman



Executive Officer, USNH Okinawa 2012—2014



Chaps: Bringing a Man-Sized Challenge

Lieutenant Commander Benny L. Mathis, Command Chaplain, U.S. Naval Hospital Okinawa

My first flight ever was when I received an all-expense paid trip to beautiful, sunny San Diego. I was just shy of my 18th birthday but very excited to make the trip. I and 20+ other lucky boys, who arrived there together, were greeted by a highly motivated and dedicated Gunnery Sergeant wearing a smokey bear. He believed in giving us close and detailed instructions. He packed us on his bus and thus we all began our first day at MCRD, San Deigo.

There were times through basic that I and my fellow recruits questioned our level of readiness or ability to measure up. Without a doubt, there were numerous moments when we all were exhausted and questioned if we would survive until the end. In one of those moments, the Senior Drill Instructor gathered all of us around in a school circle for a father/son moment. He asked why each of us joined and reminded us of the reason we were there. He breathed hope into us and renewed our desire to finish and become Marines.

Though he wasn't really our father, he was during those 13+ weeks. He filled a role that all boys need: an example of what is a real man. I'm not talking about the macho man that dominates many movies: rippled with muscles, an invincible fighter, a loner, perhaps egotistical and a little bit crazy. That guy isn't real. I'm talking about a real man.

Have you ever thought about what makes a man a real man? Is it a certain age? The ability to grow a full beard? Specific



achievements? The ability to earn a lot of money? Marriage? I don't think many have a good answer for this question. If we don't have a clear answer, then how will young boys know when they've become a man or what to do to become a man? How will young women know if the guy they are interested in is a man or a grown male who still acts like a boy?

I believe that a real man is one who becomes responsible for himself and others, who cares for them and willingly sacrifices himself for them. Though he challenges those he cares for to hold the high standard, he still breathes hope and confidence into them. He sees their success as his success. He is unafraid of commitment because he knows that his role is to be a rock-solid support to those in his life. He lives out strong morals and an ethical life. He doesn't need to cheat, steal, belittle or lie to get ahead. For that reason, he will become a pillar at his work and in society.

This world needs more men

and less adult-boys. Therefore, I offer a Father's Day challenge to all those who read this article. First, for the males: be a real man, like my Senior Drill Instructor. Be actively engaged in the lives of those under you and train other males to meet the standard. Secondly, for the ladies: do not date or marry adult-boys. Just don't tolerate them. They aren't ready for the challenge of a real relationship and you deserve better. Sorry boys but it is time to step up to manhood.

The Grapevine

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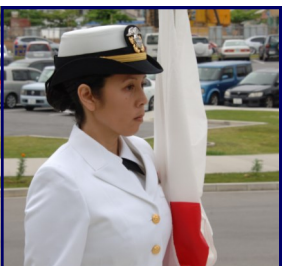
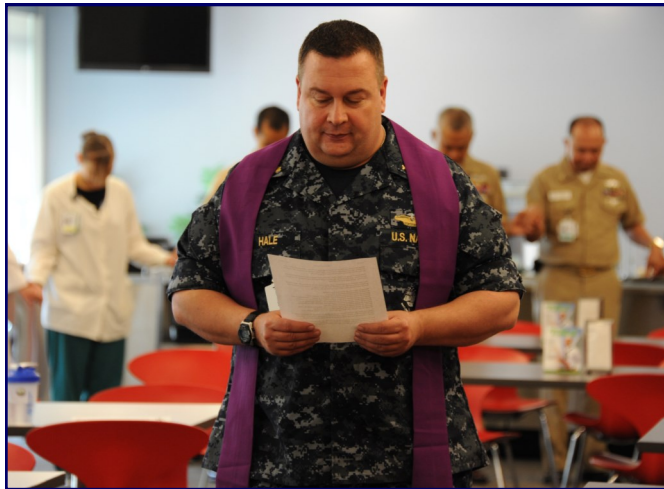
If you have an event you would like covered, email us or give us a call at 646-7024. Send in your news, photos and stories to the USNH Okinawa Public Affairs Office at nhokipao@med.navy.mil.

Hospital Corps 116th anniversary June 17

Photos by Hospital Corpsman 2nd Class Pinchinvahe Santos



USNHO observes Nurses Week May 6-12



Asian Pacific Islander Heritage Month



Throughout the month of May, the staff of U. S. Naval Hospital Okinawa took time out to learn about and celebrate the multitude of unique Asian and Pacific Island cultures represented at the command.

The events included food, dance, art, and presentations from Okinawa, Japan, Korea, Philippines and the Hawaiian Islands. *Photos by Mass Communications Specialist 3rd Class William G. McCann/RELEASED.*



Asian Pacific Islander Heritage Month



PREPARING TO WEATHER THE

TROPICAL CYCLONE CONDITIONS OF READINESS

TCCOR 4

Winds of 50 knots [58 mph] sustained or greater are possible within 72 hours.

- Normal Operations
- Ensure typhoon kit is adequately stocked

TCCOR 3

Winds of 50 knots sustained or greater are possible within 48 hrs.

- Monitor AFN (radio/TV/Facebook) for TCCOR updates
- Initiate a general clean-up, secure loose items
- Double check and obtain your emergency supplies
- Double check your bottled water supply
- Fill vehicle gas tank
- Fill gas grill tank
- Ensure you have cash on-hand (\$ and ¥)

TCCOR 2

Winds of 50 knots sustained or greater are anticipated within 24 hours

- Secure your quarters (DO NOT tape windows)
- Report for normal duty hours

TCCOR 1

Winds of 50 knots sustained or greater are possible within 12 hours

- DoD schools are closed

TCCOR 1 CAUTION

Winds of 35-49 knots are occurring.

- All personnel not on duty will remain indoors
- All non-duty travel is suspended
- **For USNHO and Branch Clinics:**
- All personnel NOT standing typhoon watch will be secured to their quarters by the CO
- Routine admissions, surgeries, & appointments are suspended
- Cancelled appointments can be rescheduled through the appropriate clinic
- Emergency care is still available 24/7

TCCOR 1 EMERGENCY

Winds of 50 knots sustained or greater are occurring

- All outside activity is prohibited, remain indoors
- Alcohol use is prohibited. Active duty members will remain fit for duty

TCCOR 1 RECOVERY

Winds of 50 knots sustained or greater are no longer forecast to occur. Strong winds may still exist.

- Remain indoors
- Emergency crews will begin damage surveys/clean-up

TCCOR STORM WATCH

If during normal work hours:

- Remain in heightened alert and watch for TCCOR updates

TCCOR STORM CLEAR

The storm is over and not forecast to return, but storm damage can still present a danger.

- Stay indoors unless otherwise directed by the CO. If directed by CO to return to work, be vigilant of hazards of hazards while traveling back to work.

TCCOR ALL CLEAR

The storm is over and not forecast to return. Recovery efforts are complete.

- ◆ Individuals are permitted outdoors
- ◆ Be vigilant as hazards may still be present

SAFEGUARD YOUR IMPORTANT DOCUMENTS!

Keep important documents such as wills, insurance policies, passports, immunization records, inventories, and family records in sealed, waterproof containers away from windows and doors.

TYPHOON SEASON

By
Jen Inoha, USNHO Safety Department
Brian Davis, USNHO Public Affairs

Typhoons are a weather phenomenon also known as tropical cyclones or hurricanes, depending on the part of the world you happen to be in. These storms, characterized by high winds, rain, and tidal surges, are common enough to be considered a part of life in Okinawa.

Typhoons can occur any time of year, but are most common during the “typhoon season” that runs from June 1 to November 30. Okinawa is located in an area of the world known as “typhoon alley” because of the frequency storms track near or over the island.

During the course of a normal tour of duty in Okinawa one can expect to experience the effects of at least one typhoon.

During severe storms, utilities such as electricity, water and phone lines may be interrupted. It may take crews a few days to restore them. This will make cooking, bathing, communicating with others, and sanitation more difficult.

Advanced planning will make the difference between comfortably weathering the storm versus spending a few days hungry, thirsty, bored, and in the dark.

Tropical Cyclone Definitions

TROPICAL STORM	A tropical cyclone with maximum sustained winds of 34-63 knots (39-73 mph)
TYPHOON	Tropical cyclone with maximum sustained winds of 64-129 knots (74-149 mph)
SUPER TYPHOON	Tropical cyclone with maximum sustained winds of 130 knots (150 mph) or greater

For information and updates on typhoons:

- ◆ weather.kadenaforcesupport.com
- ◆ www.usno.navy.mil/JTWC/
- ◆ www.jma.go.jp/en/typh/
- ◆ www.wunderground.com/tropical/
- ◆ www.facebook.com/usnho

In addition, AFN radio broadcasts live 24 hours a day during typhoons. Tune in to AM 648 or FM 89.1 for the latest information.

PREPARING A TYPHOON KIT

Although most structures in Okinawa are built to withstand typhoons, keep an emergency kit on hand and be prepared for the very real possibility of power or water outages during and after the storm. Stock enough emergency supplies to last 3 days. Items for a typhoon kit include:

- ☐ Bottled water (estimate 1 gallon of water per person per day
 - ◆ Fill bathtub with water to use for bathing and flushing the toilet
- ☐ Candles and lighter/matches
- ☐ Flashlights
- ☐ Battery operated radio/TV
- ☐ Batteries
- ☐ First aid kit and prescription medications
- ☐ 1 week supply of non-perishable foods (and a non-electric can opener)
- ☐ Pet food
- ☐ Baby food/diapers/supplies
- ☐ Books, games, and non-electric toys

In addition:

- ☐ Prepare and review an evacuation plan
- ☐ Fill automobile fuel tanks before the storm
- ☐ Know typhoon information sources
- ☐ **Know TCCORs and actions to take**

Stock up on essential items NOW! The base shoppettes and commissaries can become extremely crowded and the shelves become bare very quickly just before a typhoon.

(N)ICE Comments from Our Patients

ICE comments from our patients courtesy of Mr. Frank Robertson, U. S. Naval Hospital Okinawa Customer Relations Officer

Lt. Cmdr. Glanton was excellent! She was personable and cheerful.

Dr. Logue is a fantastic doctor. She is professional, and my [child] has responded very well to her treatment.

Mrs. Liquete is very professional in all procedures when providing cleanings. Her professionalism in explaining what was to take place is awesome. She really takes pride in all patients. Also, Mr. Shawn Mullins is always professional and accommodating. Dental staff in front and behind the scenes is awesome. We need more like them.

I want to express my thanks and my gratitude for the working team in the **Pharmacy**. All of you work very hard and your services and efforts are greatly appreciated

HM2 Bond is a great corpsman. He demonstrated professionalism and great military bearing.

HM1 Jae Kwon is the most professional, knowledgeable and courteous corpsman I have encountered in my 26 years of going to military hospitals. He should be nominated for Sailor of the Year. Sincerely, Marine Corps wife.

Occupational Medicine Staff members went above and beyond what was expected from them. I experienced exceptional customer service during the check-in process.

Fast and timely service [at the Deployment Health Center]. **HM3 Jimenez** was professional and knowledgeable. Dr. Marron provided for my needs. He was caring and made my exam a fun experience with his humor.

Lt. Carroll was excellent. He provided information and did not rush our appointment. He was friendly, informative and caring. We are happy to have him as [our child's] pediatrician.

Lt. Cmdr. Laughlin was on call the night I was admitted to the MICC to deliver my son. His bedside manner was excellent and he explained all procedures with care and confidence.. His care and attentiveness to my pain and requests went above and beyond my expectations and I am grateful for

his genuine care of me during my entire labor and delivery.

Ms. Fukami did an excellent job and showed great knowledge in all forms we needed to submit.



Ms. Tomoe Fukami

HM2 Perales was very friendly and professional.

Lt. Cmdr. Ofobike was super!! He explained in detail my procedure and he was straight with me. Glad he's my Doc.

I want to thank **Dr. Greenlee** for being an amazing, caring doctor.

Great customer service from the **ENT Clinic** front desk staff. Outstanding service from **Cmdr. Bloom**.

Yesterday, I went into Bush Clinic in order for my daughter to get her 4 month immunizations and was helped by **HN Court**. He was more than helpful, incredibly pleasant and was the sole reason my visit was a wonderful experience. Taking little ones to get shots can be hard on a mom, but he was able to smile, make appropriate jokes and laugh it all off with me. I have been to clinics with my first child where the crying baby would visibly irritate the staff, that is not the case with the Bush Immunizations staff nor with HN Court ... In my multiple visits to the immunizations on Bush, I have always left satisfied with their knowledge and overall attitude. The Immunizations staff is great!

Thank you very much **HM2 Domingo** and **HM3 Lawrence** for making it easy to schedule my re-

(N)ICE Comments from Our Patients

ICE comments from our patients courtesy of Mr. Frank Robertson, U. S. Naval Hospital Okinawa Customer Relations Officer

quired training. Appreciate your pleasant attitude!

Came in [the ED] today with back spasms. I had the pleasure of having **Ms. Kaprelian** and she was amazing; so nice and very informative. Definitely the best nurse I've ever had in this entire hospital.

HN Glasscock and **HM3 Phillips** were great! Excellent care and very professional. Both of these great corpsmen deserve recognition for their customer service was fantastic!

Mrs. **Antonnette Whitt** in immunizations gave excellent service. Went in to ask questions about my child's immunization record and asked if she could update his shot record and she went above and beyond. Every time I need anything in immunizations I get excellent service from everyone.

Lt. Garcia shows how much she loves her job, in the way she takes care of her patient.

I would like to thank **Lt. L. Schneider** for the excellent service during my eye exam. I felt comfortable the whole time and she answered my questions completely and professionally.

Staff working in **Internal Medicine Clinic** is outstanding. They take time to deal with each customer in a very pleasant manner. We deal mainly with **Dr. Lee**, and we think she is an outstanding provider.

My experience here was great. I'd like to personally thank Lt. Thompson, Lt. Fugate, Lt. Truong, **HM3 Stephens**, **Mr. Martinez**, and **HN Cruz**. The staff was nice and caring. I appreciate them all.

Just want you to know that **HN Lopez** was efficient, pleasant and professional when I had my blood drawn yesterday. It makes trips to the hospital so much easier and nicer when I encounter competent, nice folks. Good work HN Lopez!

Mr. Short had provided positive "Can Do" attitude, he's gone the extra mile to ensure professional customer service support and mission requirements were met. Feedback received from vendor thru purchasing agent "...this is quality work received...it was more than what was expected"

ICU Staff exhibited wonderful service and medical

care. We were well taken care of and they were very helpful.

Very professional; excellent service provided by **HM2 Porter**. Thank You!

Excellent care from **Lt. Cmdr. Ofobike**. Thank you.

HHM3 Narciso was super helpful! She was kind and patient! Thank you! Best service and assistance I have had on island!



HM3 Bridget Narciso

M2 Mangubat was great; very helpful and prompt.

HM3 Lawson made this blood draw extremely easy and fast

The **Evans Medical Clinic staff** is professional and helpful. They were well spoken and mannered.

I would like to say Thank You and a JOB WELL DONE to **HM3 Gibbs**. He constantly displays professionalism and provides invaluable customer service. His tireless efforts always ensure that customers are well taken care of and that he puts their needs before his own, the perfect example of selfless service. His can-do attitude, professionalism, and prompt attention to customers reflect well upon his work ethic and the Physical Therapy Team as a whole.

EDITOR'S NOTE: Some of the ICE comments used in this article may have been edited for space and to ensure patient privacy.

JPEACH Advisory: Think before you ink

Okinawa Joint Public Epidemiological Action Center for Health

Getting a tattoo has health risks. Since the tattooing process involves piercing the skin with a needle and ink, it naturally carries with it potential health risks such as infection and allergic reactions. In Okinawa, the odds of having a medical complication from tattooing are even higher.

Tattoo establishments in Okinawa and mainland Japan are not regulated or inspected under Japanese law. Active duty personnel and beneficiaries have been sickened, hospitalized and even left with permanent diseases such as Hepatitis C from getting a tattoo in Okinawa. In the United States, tattoo establishments must follow state health regulations and the U. S. Food and Drug Administration (FDA) regulates tattoo inks.

While there are no 100% 'safe' tattoo parlors, here are a few specific unsafe practices to be aware of and to watch for when choosing an establishment:

- **Sharing or re-using needles between patrons**
- **Sharing or re-using ink between patrons**
- **Diluting ink with non-sterile water**
- **Using ink that is not meant for human use**
- **Not using gloves**
- **General uncleanness**

Military public health officials in Okinawa recommend avoiding a facility that uses any of the above practices.

"I would not recommend getting a tattoo, but if personnel choose to they should do some careful research before selecting a tattoo facility," said Lt. Cmdr. Marion Gregg, Director of Public Health at U. S. Naval Hospital Okinawa.

"Take a close look at the facility for cleanliness and observe the artist at work to make sure that the tattooing process is as safe and sterile as possible. And don't be afraid to ask questions," he said.

Anyone that becomes sick or has an infection from a tattoo should seek medical attention immediately.



SOFA personnel and family members who notice that a tattoo establishment is using unsafe practices should contact military public health representatives at nhoki-jpeach@med.navy.mil.

The Okinawa Joint Public Epidemiological Action Center for Health (JPEACH) is a joint committee comprised of public health officials from the Air Force, Marine Corps, and Navy. The JPEACH was established to coordinate public health policy between all services to better serve the needs of the DoD community on Okinawa. The JPEACH also collaborates with the Government of Japan and Okinawa Prefectural Government on public health issues that affect both U. S. military installations and the local community.

Kitchen safety key to avoiding scalds

Brian J. Davis, U. S. Naval Hospital Okinawa Public Affairs

According to the American Burn Association (ABA) 2014 Annual Report, scalds made up over 1/3 of all the burns requiring medical treatment in the U. S. Scalds, burns caused by contact with steam or hot liquids, are the leading cause of burns for U. S. children under 5.

Officials at U. S. Naval Hospital Okinawa (USNHO) have reported that scalds in babies and toddlers are on the rise in Okinawa. "We are seeing an increase in scalding injuries at the Emergency Room, mostly due to spills and cooking accidents," said Lt. Cmdr. Marion Gregg, USNHO Director of Public Health. The ABA states that the most common causes of scalds in the U. S. are due to hot beverages and cooking.

"If parents don't take a few simple precautions, the kitchen can be a dangerous place for curious little hands" said Gregg.

USNHO Public Health offers the following tips and suggestions for the kitchen to avoid scalds and burns:

When cooking:

- Turn pot handles to the rear of the stove, and use back burners whenever possible
- Establish a "No-Kids Zone" around the stove; place colorful tape on the floor to define boundaries
- Never hold a child while cooking
- Keep crockpots, deep fryers, and other appliances away from the edge of the counter; keep cords short or coiled, and avoid using extension cords

In the kitchen:

- If children are present, supervise them at all times
- Use non-slip floor mats and clean up spills immediately

mediately

- Be sure the path is clear with no children or pets underfoot when carrying or serving hot items
- Keep counter tops clear of clutter and dangling electrical cords

When serving food or drinks:

- Use spill resistant travel mugs for hot beverages
- Keep hot food and drinks out of reach
- Avoid using a table cloth – a toddler can pull on it or reach out and grab it for balance, bringing everything on the table down on top of them
- Never consume hot beverages or food while holding a child in your lap

Scalds, like other types of thermal burns, vary in severity according to the temperature, duration of contact, and area affected. The USNHO Emergency Department recommends that home first aid procedures for burns should generally be used for scalds, but with an important exception.

According to Lt. Cmdr. Tony Torres, head of the USNHO Emergency Department, the source of the burn should be removed as soon as possible. Some liquids such as frying oil or caramelized sugar can stick to skin and continue to burn as long as it remains in contact. The area should be cleansed with cool water and covered with a cool compress.

A severe partial thickness burn is an emergency that requires immediate attention. Second degree burns with multiple blisters and swelling, or first degree burns covering large areas of the body should also be evaluated by medical personnel as soon as possible.

For more useful household safety tips, go to www.safekids.org.

For after-hours medical advice during evenings, weekends, or holidays, call the Okinawa Clinical Answering Service at 646-7484.

MCCS Okinawa TOURS+ Upcoming Highlights

Local Tours

- Kerama snorkeling trip, July 6
- Battle sites tour, July 12
- Pizza in the Sky & Nakajin Castle, July 12
- Kariyushi Pool & Lunch, July 13
- Spelunking tour, July 19
- Kouri Island & Grape farm tour, July 19
- Forest Adventure Park, July 20
- Farm & fish market, July 26

Off Island Tours

- Climb Mt. Fuji, July 30-August 3
- Ishigaki Island, August 1-3
- Taiwan Getaway, September. 11-15
- Discover Bali, September. 3-9
- Yonaguni Island, September 22-24

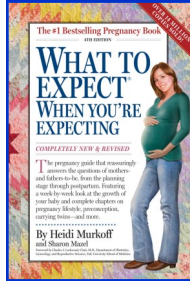
The TOURS+ office at USNHO, located near the Chaplain's office, is now open Monday through Friday from 9:00 a.m. to 5:00 p.m. Call 646-7013 (or the main office at 646-3502) for more information.

Murkoff visits USNHO moms, moms to be

U. S. Naval Hospital Okinawa Public Affairs

Heidi Murkoff, author of the “What to Expect” series of books for expecting moms and parents, came to the hospital June 16 to visit staff and patients. She also took time to visit and chat with laboring moms and new parents in the MICC. Murkoff joined the Oki Bellies reunion to see the babies and listen to parent’s stories about giving birth and bringing new babies home.

Murkoff was in Okinawa on a USO tour, where she went around to various installations to visit with fans and host “baby shower” events for pregnant mothers.



USNHO kicks off 'Culture of Safety'

Mr. Brian Davis & Mass Communications Specialist 3rd Class William McCann, U. S. Naval Hospital Okinawa Public Affairs

OKINAWA, Japan—U. S. Naval Hospital Okinawa (USNHO) hosted a Safety & Quality Fair at the hospital May 6. The event was held to kick off the USNHO's "Culture of Safety" campaign to reinforce the command's commitment to providing safe, quality care.

According to hospital officials, patient safety doesn't just involve medical providers.

"We all affect patient care one way or another and events such as this one today serve to highlight the commitment we as staff have towards our patients—not only today, but every day," said Myrna Seiter, USNHO Patient Safety Manager.

In January 2014 Vice Adm. Nathan, Surgeon General of the Navy, launched a "Culture of Safety" initiative, focusing on Navy Medicine's commitment to patient safety and process improvement.

The day's events revolved around a safety & quality fair where each department displayed a poster board to highlight their activities in support of the initiative.

"The purpose of today's event is to demonstrate the different types of performance improvement efforts going on in the command that underline USNHO's commitment to patient safety and performance improvement," said Cmdr. George Reichert, head of the USNHO Quality Management Department.

The best presentations were recognized at the end of the day. First place went to the Pharmacy Department for their project "Improving Hospital & Clinic Pharmacy Supply". The



Immunizations Department "Focusing on Patient Needs" display came in second place. Bush Branch Medical Clinic on Camp Courtney won third place for their RelayHealth project.

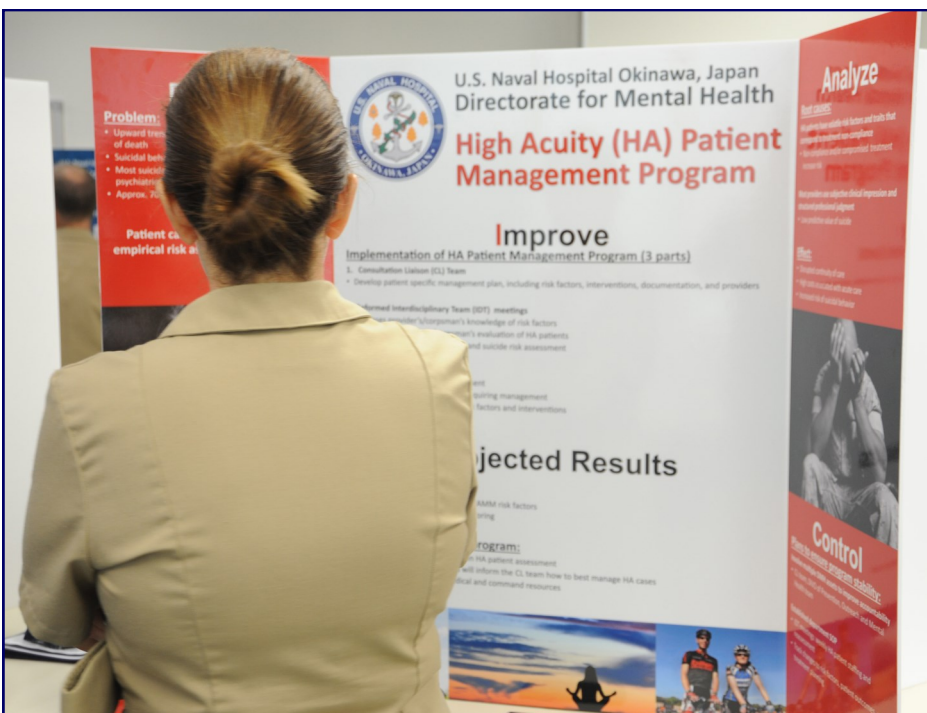
One of the goals of the Culture of Safety initiative is to ensure that staff members feel empowered to express concerns and that they feel comfortable in pointing out areas for improvement. The Safety & Quality fair was intended to focus on that goal.

"The event is an opportunity for everyone in the command to see the types of projects being worked on," said Reichert. "It allows everyone to see in an open forum that it is okay to talk about, but more important, to identify and act on issues related to patient safety and quality improvement," he said.

The event was only the beginning of a command-wide effort.

"We are also working on improving communication among teams by planning and implementing a more robust Team-STEPPS program," said Seiter.

For more information about the command's implementation of the COS initiative, contact Ms. Myrna Seiter at 646-7016 or myrna.seiter@med.navy.mil.



Milestones



Hospitalman Bernard Reenlistment



HM3 Iwan Reenlistment



Lt. Tate and Lt. Park promotion



Lt. Kim Promotion



HM3 Boneau reenlistment



Command advancement ceremony



May Awards



June Awards